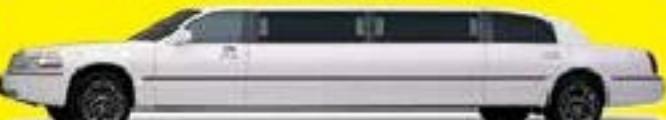


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See  
Page 28

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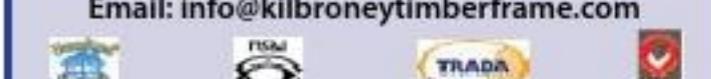
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Camera Ready Copy: Tues 17 Mar. - 12 Noon  
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Join in with the St. Patrick's Festival 2015 - Our 4 Page Guide starts on Page 17



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Closed St. Patrick's Day



# YOUR BEST BODY EVER

It's a new year and a fresh start. Time to take action and get back in shape! We consulted the experts at Therapie Clinic.

Every holiday season, we tell ourselves that we shouldn't indulge, so that we can stay healthy and start the new year with a bang. But, what if a little indulgence actually makes me healthier overall? Time with family and friends over a nice meal can really make the festive season.

But when we return to our daily routine we can be left with the lingering feeling that some restraint could have helped! Let's face it, those pesky few pounds that were supposed to melt away with the new gym membership haven't lost themselves. Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck.

Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. Therapie Clinic was one of the first beauty clinics to start the revolution in Northern Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. Yep - we're serious.

The best part? It's completely non-invasive. No surgery, no knives, no long recovery times. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Christina Aguilera



and Britney Spears. The clinic has reported a record demand for the treatment since its launch. There is now a waiting list in two of the clinics in Northern Ireland.

It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes.

## You can typically expect to see results within two weeks

Clients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%.

You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox. One of the best features of the Mini Tummy Tuck is that it

*Celebrity fans include Kim Kardashian & Christina Aguilera*



Before



After

can work for different body types: it's great for those who are fit and near their optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy. If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic.

Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry, Merchants Quay in Newry and a new clinic in Enniskillen. Call Therapie Clinic for a free consultation on 08000 121 565 or see [www.therapieclinic.co.uk](http://www.therapieclinic.co.uk).

Call 08000 121 565 or 04890 438397 (ROI)

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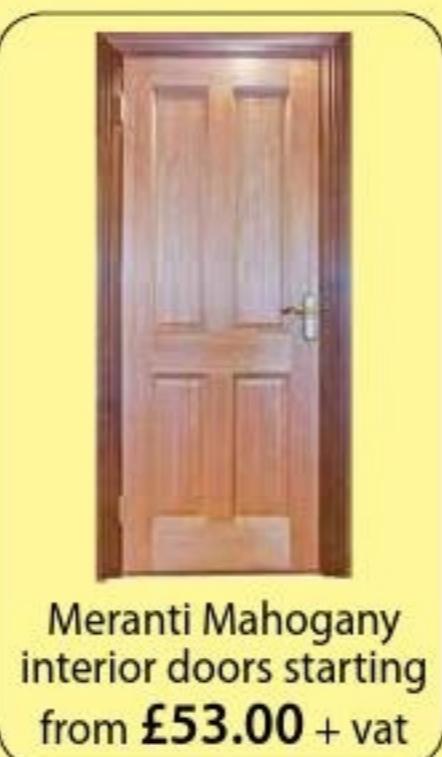
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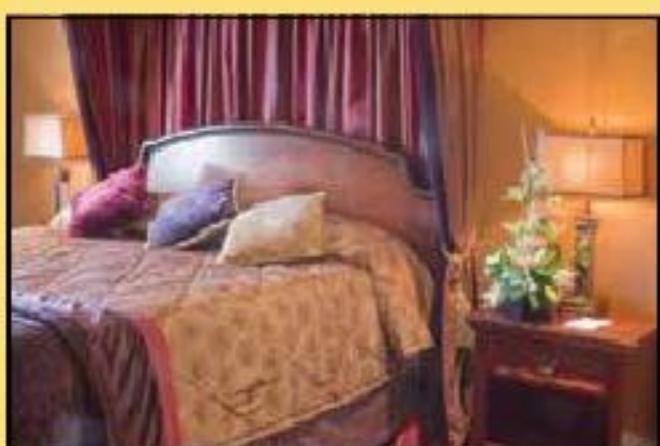
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The annual Junior Winter League is drawing to a close and it is reported that it is inseparable at the top with only 8 points separating 1st and 4th. The questions appear to be, will Michael Colhoun hold off the chasing pack, will it be 3 in a row for Rian Carvill, or will we see a new champion at Kellys Golf Centre?

Kellys Golf Centre provides excellent facilities for juniors including Saturday coaching sessions, when there is always a great turnout of young children interested in learning golf. There are two classes: 12-1pm for 5-8 year olds, and 1-2pm for 8-12 year olds. These classes are always well attended as children practice their short game with fun activities on the par 3 course, and practice their long game in the Driving Range, all under the auspices of Kellys Golf Centre resident PGA Professional Dougie Bell.

The ILGU (Ireland Ladies Golfing Union) has recognised Kellys Golf Centre as a



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practice facility for the Ulster girls. This is a great accolade for the Centre with a great turnout of young girls every Saturday afternoon.

And now you can train like a professional at Kellys Golf Centre as at the tail end of last year they introduced a new piece of golf technology called the Trackman, which is now available for use.

The Trackman is a radar which tracks the trajectory of your golf ball from launch to landing and is the ultimate in golf swing and ball flight analysis. It is currently used by more than 150 PGA Tour Players and is available for use during lessons and also for professional hire. For further information contact Kellys Golf Centre on 028 4177 3247 or "Like" Kellys Golf Centre on Facebook to see some videos of local golfers using this impressive piece of equipment.

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- Anne from Newry.



Facebook Mood Food Newry

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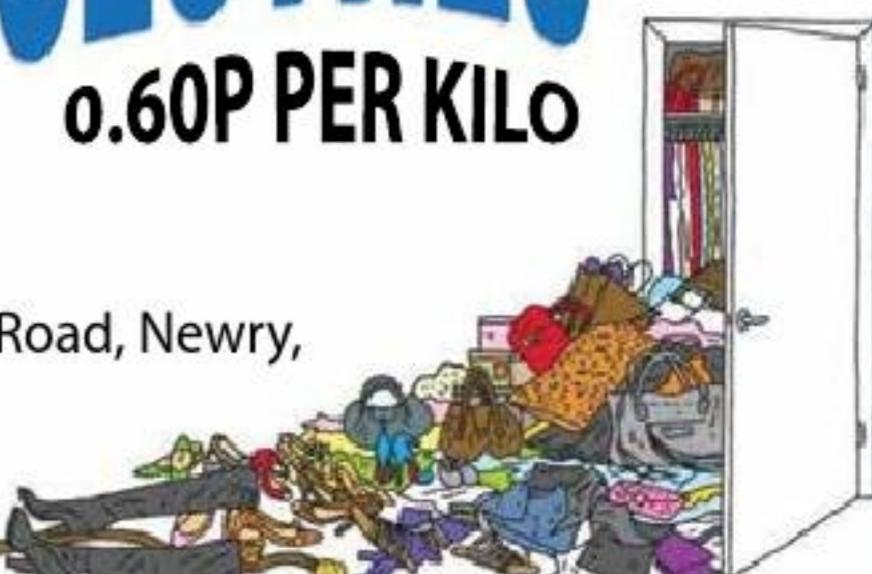
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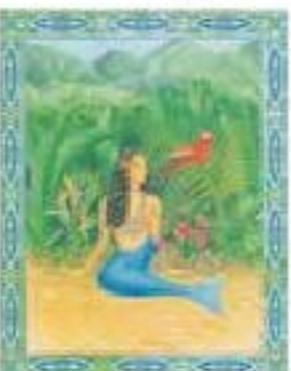
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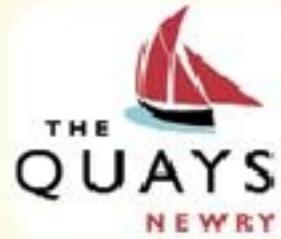
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# 63RD SEASON

# NEWRY DRAMA FESTIVAL



Town Hall, Newry 7.30p.m. Nightly  
Friday 20th March - Saturday 28th March 2015

[www.newrydramafestival.btck.co.uk](http://www.newrydramafestival.btck.co.uk)

**Friday 20th March** Jimmy Murphy / Carlow Little Theatre Society

**THE KINGS OF THE KILBURN HIGH ROAD** (Drama)

**Sponsor:** Fitzpatrick & Kearney, Chartered Accountants, 10 Marcus Square, Newry

**Saturday 21st March** John Buchan / Letterkenny Music & Drama Group

**THE 39 STEPS** (Comedy)

**Sponsor:** Glen Dimplex Group, Ardee Road, Dunleer, Co. Louth

**Sunday 22nd March** Henrik Ibsen / The Moat Club, Naas

**HEDDA GABLER** (Drama)

**Sponsor:** Phillips Fruit & Vegetables Ltd., 60 Hill Street, Newry

**Monday 23rd March** Peter Morgan / Rosemary Drama Group, Belfast

**FROST / NIXON** (Drama)

**Sponsor:** Danske Bank, 58 Hill Street, Newry

**Tuesday 24th March** Franz Kafka / Newpoint Players, Newry

**METAMORPHOSIS** (Drama)

**Sponsor:** Snaubs International Fashion and Cuisine, 15 Monaghan Street, Newry

**Wednesday 25th March** Ivan Turgenev / Holywood Players, Co. Down

**A MONTH IN THE COUNTRY** (Drama)

**Sponsor:** John McMahon & Co., Chartered Accountants, 122 Camlough Road, Newry

**Thursday 26th March** Richard Harris / Bart Players, Belfast

**VISITING HOUR** (Comedy)

**Sponsor:** Wellington IT Solutions, 91 Wellington Park, Belfast, BT9 6DP

**Friday 27th March** Bairbre Ni Chaoimh & Yvonne Quinn / Bunclody / Kilmashall Drama Group, Co. Wexford

**STOLEN CHILD** (Drama)

**Sponsor:** MacAdorey Opticians, 36 Mill Street, Newry

**Saturday 28th March** Donna Franceschild / Ballyduff Drama Group, Co. Waterford

**TAKIN' OVER THE ASYLUM** (Comedy)

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**SEASON TICKET BOOKING:**

Sean Hollywood Arts Centre: Saturday 14th March 9.30a.m. - 12.30p.m.

**NIGHTLY / SEASON TICKETS BOOKING:** The Quays Shopping Centre

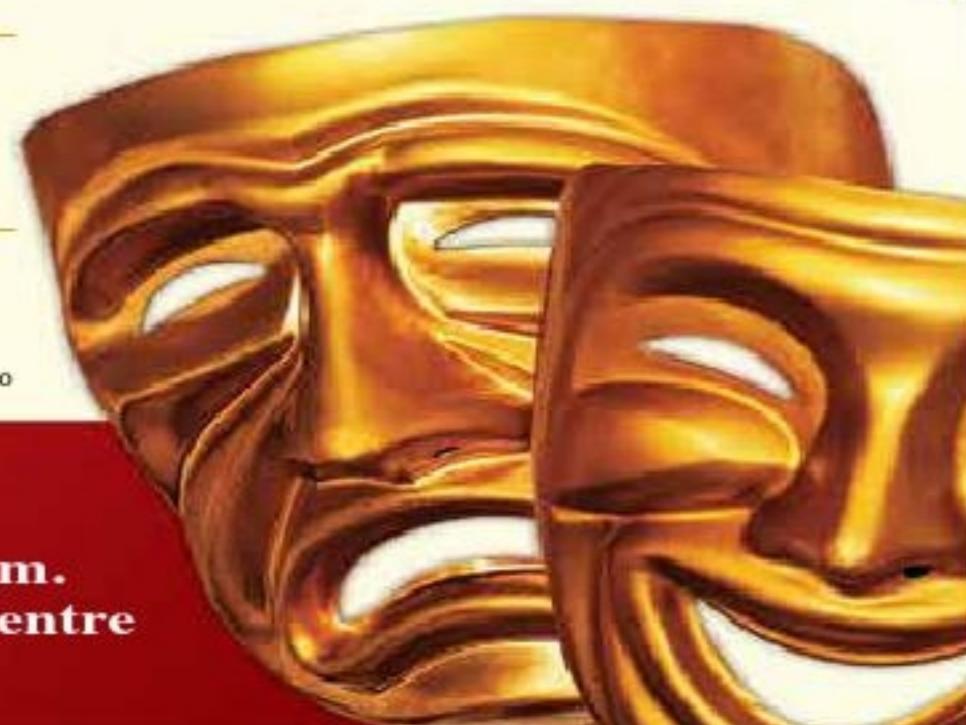
Wednesday 18th March 12noon - 2.30p.m.



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## Another superb programme for the 63rd Newry Drama Festival

The 63rd Annual Newry Drama Festival takes place from March 20th to 28th, 2015 at Newry Town Hall. One of the key attractions in Newry & Mourne's Theatrical Calendar, this year's Festival Programme has something for everyone with yet another fantastic line-up of plays featuring some of Ireland's finest actors.

Festival Chairman, Gerry McNulty said: "The various productions will not only consolidate the reputation of the Festival throughout Ireland but also enhance the City of Newry as a prime venue for Theatrical Activities. Once again it would not be possible to stage this Major Event without the support provided by Main, Major and Nightly Sponsors - and our faithful Season Ticket Holders. A special word of thanks must be extended to the Quays, Newry, which is celebrating its tenth consecutive Season as Principal Sponsor for the Festival."

The Quays Shopping & Leisure Complex has announced that it is

to sponsor the Newry Drama Festival for the tenth year in succession. Manager at The Quays, Mr. Cathal Austin said: "The Fact that the Festival received eighteen entries for nine nights and chose five Groups from the South of Ireland and four from Northern Ireland, bodes well for the Amateur Drama Movement North and South of the Border. "On behalf of the Quays Management, I would like to say that we are very pleased to be associated with the 63rd "Newry Drama Festival".

Maureen Grant, who looks after Public Relations and Sponsorship for the Festival, expressed her sincere thanks to Cathal for the continued financial and moral support received from the Festival's Principal Sponsor, the Quays.

The Festival dates are 20th - 28th March 2015, Newry Town Hall. Keep in touch with your local Press for future developments.



Front (left-right): Cathal Austin, Manager The Quays Newry; Maureen Grant, Festival Public Relations/Sponsorship; Eileen Mooney, Secretary. Back (left-right): Christine Farrelly, Festival Treasurer and Gerry McNulty, Chairman.

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# St. Patrick's Festival Newry City - Tuesday 17th March 2015

'Ag Ceiliúradh Cairdis sa Phobal'

'Celebrating Friendships in the Community'

LET NEWRY CITY ENTERTAIN YOU AT THIS YEAR'S ST. PATRICK'S DAY CELEBRATIONS - COME ALONG "SAY HELLO NEWRY" AND ENJOY A FREE FAMILY FUN DAY OUT

This year's festival has been jointly organised by Newry & Mourne District Council and Newry City Centre Management. The emphasis for this year's celebrations is "Celebrating Friendships in the Community" which takes place on Tuesday 17th March 2015.

The fun will commence with the St. Patrick's Day parade at 12:00noon at the Quays Shopping & Leisure Centre travelling onto Buttercrane Quay, Francis Street, Patrick Street, Monaghan Street, Merchants Quay, Sugar Island, Kildare Street and finishing in heart of the Cathedral Quarter in Hill Street. (Vehicular floats dispersal along The Mall. The spectacular street parade is the focal part of the day's celebrations and promises to have a true carnival atmosphere and a showcase event with something for everyone. The parade will be led by Mayor Dáire Hughes accompanied by an array of amazing parade entertainment from a cavalcade of floats, walking participants, marching bands, stilt-walkers, balloon modelling, mix and mingle of street theatre, juggling and uni-cycling with abundance of cartoon characters.

The entertainment will continue to the main



**OPEN AIR CONCERT:**  
Events Space, Cathedral Quarter, Hill Street



The Nooks and their quirky adaptations of modern and not so modern rock and pop classics have become a talking point locally. With a distinctive American bluegrass twist, this energetic five piece is guaranteed to bring a unique blend of talent and charisma to our St. Patrick's Day celebrations.

**Aidan Quinn & The Ramblin Men**

Aidan is following in his mother's successful footsteps leading a fresh line up of talented musicians under a revamped yet famous name "The Ramblin Men"



**Philomena Begley & Ray Lynam**  
- The Simply Devine Tour

Known as the Queen of Irish Country music, Philomena Begley has made a firm imprint on the Irish, British and European markets. Philomena Begley has regularly toured with Ray Lynam since 1975 and they have recorded many duets together, their most popular songs being "My Elusive Dreams", "You're the one I can't live without" and "She sang the melody". After the 'Together Again' tour proving to be a roaring

success, the pair are back again with the unmissable 'Simply Divine' tour and we can't wait to have them on stage for our St. Patrick's Day Celebrations.

## NEWRY VARIETY MARKET

Autism Mums are hosting the St. Patrick's Day Market Fayre on Tuesday 17th March 2015 from 11:00am - 5:00pm at Newry Variety Market, John Mitchel Place.

Entertainment includes the Warrenpoint Comhaltas from 12 noon 1pm; Glen Millar Tribute Band from 1pm to 2pm and traditional Street Céili with Raymond Carroll Fear a Ti from 2 pm to 5pm. There will also be Face Painting, Cartoon Characters, Food Stalls and so much more. All proceeds are in aid of Autism Mums. If you would like book a stall please contact: Alicia McKeown - Email: aliciamc24@gmail.com

## SEAN HOLLYWOOD ARTS CENTRE

The Sean Hollywood Arts Centre will be a hive of activity providing traditional music and children's entertainment with food being served all day in Courtney's Restaurant.



## NEWRY AND MOURNE MUSEUM

The Museum has a varied programme of activities for all our patrons over this St. Patrick's Weekend. Thursday 12th March at 7.30pm Charles Doherty, formerly of University College of Dublin, will give a talk titled "Saint Patrick - Man and Cult". Tickets will cost £3. Sunday 15th March at 2pm the Museum will host an afternoon of music. Tickets will cost £3. Tuesday 17th March from 10am - 11.30am there will be a clay arts and crafts workshop. This will involve children making their own designs and pendants. Cost per child is £1.50. An adult must accompany children. Numbers are limited to 20 children and pre-booking of places is advisable. When you are here, why not visit the temporary exhibition 'Local Impacts of the First World War'.

If you wish to book or you require more information about these events please telephone 028 3031 3178 or email [dean.carroll@newryandmourne.gov.uk](mailto:dean.carroll@newryandmourne.gov.uk)

## IRISH LANGUAGE EVENTS

Newry and Mourne District Council Area: Bilingual Events During 'Seachtain na Gaeilge 2015' 1st March - 17th March.

As part of Seachtain na Gaeilge 2015, taking place 1st - 17th March 2015, Newry & Mourne District Council's Irish Language Unit is hosting fringe events for local Irish Language community and other Irish speakers.

Tuesday 3rd March at 7.30pm: Gaeláras Mhic Ardghail, Chapel Street, Newry. Lecture by Dónal Mac Giolla Choiil: 'Growing Up in the Donegal Gaeltacht'.

Thursday 5th March at 12.30pm: GRADAM an lúir in the Bank Bar, Newry.

Thursday 5th March at 7.30pm: Gaeláras Mhic Ardghail, Chapel Street, Newry. Lecture by Séamas Ó Donnghaile: "An Beirneach Mór: Séamus Mór Mac Murchaidh"

Friday 6th March at 9.30pm: The Railway Bar, Monaghan Street, Newry. Social Night with Bothán and Friends

Monday 9th March at 12.30pm: Celebrating the Irish Language with Tomáí Ó Conghaile: Internal Event in The Council Chamber at Monaghan Row, Newry: Food, Quiz etc

Tuesday 10th March at 7.30pm: Gaeláras Mhic Ardghail, Chapel Street, Newry. Lecture by Doctor Gordon McCoy: 'Gaelic Scotland, History, Culture & Language'

Wednesday 11th March: Bunscoil an lúir, Kilmorey Street, Newry. Workshop for the Children of the Bunscoil with Doctors Siobhán Power & Vanessa Ryan 'Geology & Archaeology'

Thursday 12th March at 12noon: Newry and Mourne Museum, Castle Street, Newry. Launch of the Museum's Irish Language Comic: 'I bhFad Siar ag Iarsmállann an lúir agus Mhúrn'.

Thursday 12th March at 7.30pm: Gaeláras Mhic Ardghail, Chapel Street, Newry. Lecture in Irish by Aodán Mac Poilin: "Irish Family Names"

More information is available by contacting Irish

Language Unit on T: 028 3031 3258

## INTERDENOMINATIONAL ECUMENICAL SERVICE

As part of our St. Patrick's Day Celebrations on behalf of Reverend Canon Francis Brown and Reverend Kingsley Sutton the community is invited to attend 'Interdenominational Ecumenical Service' on Wednesday 11th March at 11:30am in Newry Cathedral, Hill Street, Newry.

## ST PATRICKS & ST MARYS PARISHES, NEWRY

Saturday 14th March 2:00pm - 4:00pm: St. Patrick's for all family Fun Day at Heather Park with an International Theme including: Bouncy Castle, Cage Football, Face Painting and so much more.

Sunday 15th March 11:30am: St. Patrick's Church - Special Event with McFee School of Irish Dance & Newry Community Choir.

Tuesday 17th March 10:00am: St. Mary's Church (John Mitchel Place) St. Patrick's Day Service.

For more information please contact: Rev Kingsley Sutton, Rector of St Patrick's & St Mary's Parishes, Newry T: 028 3026 2621 E: [revsutton@gmail.com](mailto:revsutton@gmail.com) or follow on Facebook: St Patrick's & St Mary's Church of Ireland Newry

## CULLENS FUNFAIR

Cullen's Funfair will be located St. Christopher's Park from Thursday 12th March to Tuesday 17th March.

Not forgetting there will be street trading and charity stalls on Hill Street selling all sorts of weird and wonderful goods.

## CHILDREN'S FREE ENTERTAINMENT

The streets of Newry City will undoubtedly be full



Mayor Dáire Hughes



of excited children at this year's celebrations and there will be an loads of on street entertainment provided. With the abundance of cafes, bars, restaurants, businesses up and down the Cathedral & Creamery Quarters will be in full swing providing fine food and evening entertainment, so you can relax, have a beverage or enjoy a meal and soak up the St. Patrick's Day's atmosphere.

**MAKE SURE TO COME AND SAY HELLO NEWRY - YOU WON'T BE DISAPPOINTED**

To find out more information about forthcoming events / promotions in Newry City please visit: [www.newry.com](http://www.newry.com) or checkout the Cathedral Quarter and Creamery Quarter Facebook pages or say hello on Twitter: @Hello\_Newry



**HELLO NEWRY**  
Cathedral & Creamery Quarters

## Réamhrá an Mháeára

Is móir an pléisiúr domh, agus mé An Mháea deireanach ar Chomhairle an lúir agus Mhúrn, clár imeachtaí na Féile Pádraig 2015 i gCathair an lúir a sheoladh.

Is é 'Ag Ceiliúradh Cairdis sa Phobal' téama na bliana seo. Ba mhaith liom fearadh na fáilte a chur roimhaibh uilig fud fad an cheantair a bheith páirteach i lá móra cairdiúil, spraíul nach ndéanfadh an teaghlach dearmad air go deo.

I measc na n-imeachtaí iontacha i gclár na bliana seo tá cultúr, ceol, damhsa agus siamsafocht d'achan chineál ann. Gabhaim comhghairdeas le Comhairle an lúir agus Mhúrn agus Bainistiocht Láirchathrach an lúir, as an sárobair a rinneadh leis an mhóriimeacht seo a chur i dtoll a chéile.

Ba mhaith liom forsta, mo bhliúochas a ghabháil lenár n-urraitheoirí as a bhflaitiúlacht leanúnach d'imeachtaí na Féile Pádraig a mheallaíonn na mílte cuairteoirí chuig an chathair gach bliain.

Bíglíom chun Lá Féile Pádraig a cheiliúradh, ar fhior-nós an lúir féin. Tá mé féin ag iníth go mór libh uilig a fhelceáil agus tá síú agam go mbeidh lá pléisiúrtha ag achan uile duine agaibh.

## Mayor's Address

As the last Mayor of Newry and Mourne District Council it gives me great pleasure to present the 2015 programme of events for the forthcoming St. Patrick's Day Celebrations in Newry City.

This year's theme is 'Celebrating Friendships in the Community' and I would like to extend an open invitation to everyone across the greater Newry and Mourne area to come along and be part of a truly memorable family, friendly, fun day out.

This year's programme incorporates an impressive mix of culture, music, dance and entertainment and I would like to congratulate Newry and Mourne District Council and Newry City Centre Management for their efforts in co-ordinating such an exciting event.

I would also like to thank our sponsors for their continued contribution to the St. Patrick's Day Celebrations which attracts thousands of visitors to the City each year.

Join me to celebrate our National Saint's day in true Newry fashion. I look forward to seeing you all and wish everyone an enjoyable day.

# Celebrate St. Patrick's Day

with St. Patrick's & St. Mary's Parishes, Newry

## St. Patrick's Fun Day

**Saturday 14th March 2:00pm - 4:00pm**

St. Patrick's Fun Day for all the family at Heather Park with an International Theme, including:  
Bouncy Castle, Cage Football, Face Painting and so much more.

## St. Patrick's Church

**Sunday 15th March 11:30am**

St. Patrick's Church - Special Event with McFee School of Irish Dance & Newry Community Choir

## St. Mary's Church

**Tuesday 17th March 10:00am**

St. Mary's Church (John Mitchel Place)  
St. Patrick's Day Service

For more information please contact:

Rev. Kingsley Sutton  
Rector of St Patrick's & St Mary's Parishes, Newry  
T: 028 3026 2621  
E: revsutton@gmail.com

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## Interdenominational Ecumenical Service

**Wednesday 11th March 2015**  
Newry Cathedral, Hill Street, Newry



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NEWRY AND MOURNE  
DISTRICT COUNCIL



The Mayor of Newry & Mourne District Council in association with the very Reverend Canon Francis Brown and Reverend Kingsley Sutton, extend an invitation to attend and take part in a special service to celebrate the life of St. Patrick.

## An Interdenominational Ecumenical Service

**Wednesday 11th March 2015 11.30am ~ 12.30pm**  
Newry Cathedral, Hill Street, Newry

Contact: Suzanne Rice, Newry & Mourne District Council  
Tel: 028 3031 3065 / Email: [suzanne.rice@newryandmourne.gov.uk](mailto:suzanne.rice@newryandmourne.gov.uk)



# Cullens

## CULLENS FUN FAIR

**Thursday 12th March - Tuesday 17th March 2015**  
St. Christopher's Park, Newry

[www.cullensfunfair.com](http://www.cullensfunfair.com)

See press for details.



## St. Patrick's Day Market Fayre

**Tuesday 17th March 2015**

11:00am - 5:00pm

Newry Variety Market, John Mitchel Place

### Entertainment:

Warrenpoint Comhaltas  
Glen Millar Tribute Band  
Traditional Street Céili with Raymond Carroll Fear a'Ti  
Face Painting  
Cartoon Characters  
Food Stalls and so much more....

Proceeds in aid of Autism Mums

If you would like book a stall please contact:

Alicia McEvitt

Email: [aliciamc24@gmail.com](mailto:aliciamc24@gmail.com)



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DISTRICT COUNCIL

Newry & Mourne  
MUSEUM | IARSMALANN  
an tuir agus mhùinn



## Saint Patrick's Events 2015

The Museum has a varied programme of activities for all our patrons over this St. Patrick's Weekend.

**Thursday 12th March at 7.30pm**

Charles Doherty, formerly of University College of Dublin, will give a talk titled 'Saint Patrick - Man and Cult'. Tickets £3

**Sunday 15th March at 2.00pm**

The Museum will host an afternoon of music. Tickets £3

**Tuesday 17th March from 10.00am - 11.30am**

There will be a clay arts and crafts workshop. This will involve children making their own designs and pendants. Cost per child is £1.50. An adult must accompany children. Numbers are limited to 20 children and pre-booking of places is advisable.

When you are here, why not visit the temporary exhibition - 'Local Impacts of the First World War'.

If you wish to book or you require more information about these events please contact:

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# Lá Fhéile Pádraig

# St. Patrick's Festival

Cathair an Iúir ~ Newry City

Dé Máirt 17 Márta 2015 ~ Tuesday 17th March 2015

Ag Ceiliúradh Cairdis sa Phobal ~ Celebrating Friendships in the Community

## Bealach an Mhórshiúil ~ Parade Route

12.00noon: Parade departs from the Quays Shopping & Leisure Centre (Albert Basin) to Buttercrane Quay, Francis St, Patrick St, Monaghan St, Merchants Quay, Sugar Island, Kildare St, Pedestrians dispersal into Hill St, Vehicular Floats dispersal along The Mall

## Siamsaíocht Sráide ~ Street Entertainment

Spás Imeachtaí, Sráid Hill ~ Events Space, Hill Street

12noon - 5pm Compere ~ Gene Fitzpatrick / Official Address by Mayor Dáire Hughes & Church Leaders  
The Nooks / Aiden Quinn & The Ramblin' Men / Philomena Begley & Ray Lynam - The Simply Divine Tour

## Newry Variety Market

Autism Mums host The Saint Patrick's Day Market Fayre

Entertainment: 12noon: Warrenpoint Comhaltas / 1pm: Glen Millar Tribute Band / 2-5pm: Traditional Street Céilí with Raymond Carroll Fear a 'Ti. Face Painting, Cartoon Characters, Food Stalls & much more...

## Sean Hollywood Arts Centre

The Sean Hollywood Arts Centre, Bank Parade, will be a hive of activity providing traditional music and children's entertainment with food being served all day in Courtney's Restaurant.

## Street Trading and Charity Stalls

On Hill Street selling all sorts of weird and wonderful goods.

## Children's FREE Entertainment

## CULLEN'S FUN FAIR

Thursday 12th March - Tuesday 17th March

[www.cullensfunfair.com](http://www.cullensfunfair.com)

(St. Christopher's Park, Newry) See press for details.

## Interdenominational Ecumenical Service

Wednesday 11th March at 11:30am ~ Everyone Welcome  
Newry Cathedral, Hill Street, Newry

## Newry & Mourne Museum

Tuesday 17th March from 10:00am - 11:30am

Clay Arts & Crafts Workshop ~ £1.50

(Numbers are limited - pre booking advisable)

Temporary Exhibition 'Local Impacts of First World War'  
Bagenal's Castle, Castle Street, Newry

Newry and Mourne District Council Area

## Bilingual Events During 'Seachtain na Gaeilge 2015'

Sunday 1st March - Tuesday 17th March

For more information on events please contact:  
Irish Language Department T: 028 3031 3258



## Weekend of Top Entertainment

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**Ceantar an Iúir agus Mhúrn:**  
Imeachtaí Dátheangacha le Linn 'Seachtain na Gaeilge 2015' 1 Márta - 17 Márta  
**Newry and Mourne District Council Area:**  
**Bilingual Events During 'Seachtain na Gaeilge 2015' 1 March - 17 March**

### Dé Máirt 3 Márta ar 7.30pm

Gaeláras Mhic Ardghail, Sráid an tSéipéil, An tlúr  
Léacht le Dónal Mac Giolla Choill: 'Ag Fás Anios i nGaeilteach Thír Chonáill'

### Tuesday 3 March at 7.30pm

Gaeláras Mhic Ardghail, Chapel Street, Newry  
Lecture by Dónal Mac Giolla Choill: 'Growing Up in the Donegal Gaeltacht'

### Déardaoin 5 Márta ar 12.30pm

GRADAM an Iúir i mBeár an Bhainc, Choc Treabhair, An tlúr

### Thursday 5 March at 12.30pm

GRADAM an Iúir in the Bank Bar, Newry

### Déardaoin 5 Márta ar 7.30pm

Gaeláras Mhic Ardghail, Sráid an tSéipéil, An tlúr  
Léacht le Séamas Ó Donnghaile: 'An Beirneach Mór: Séamus Mór Mac Murchaigh'

### Thursday 5 March at 7.30pm

Gaeláras Mhic Ardghail, Chapel Street, Newry  
Lecture by Séamas Ó Donnghaile: "An Beirneach Mór: Séamus Mór Mac Murchaigh"

### De hAoine 6 Márta ar 9.30pm

Beár an Iarnróid, Sráid Mhuineacháin, An tlúr  
Oíche Aimeáil le Bothán agus a chairde

### Friday 6 March at 9.30pm

The Railway Bar, Monaghan Street, Newry  
Social Night with Bothán and Friends

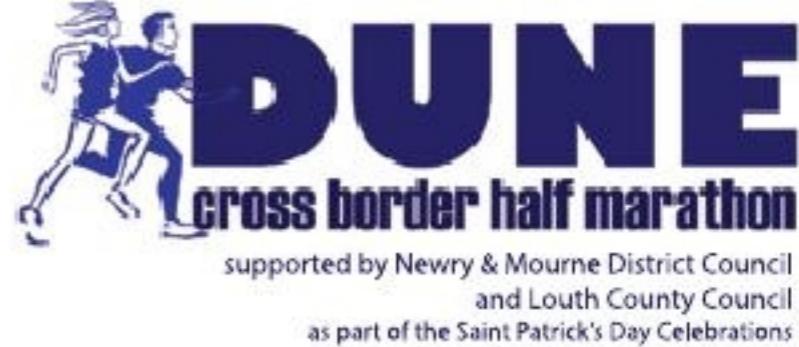
### Luan 9 Márta ar 12.30pm

Ceiliúradh na Gaeilge le Tomáí Ó Conghaile:  
Imeacht Inmheánach i Seomra na Comhairle, Rae Mhuineacháin, An tlúr: Bia, Tráth na gCeist srl

### Monday 9 March at 12.30pm

Celebrating the Irish Language with Tomáí Ó Conghaile:

Internal Event in The Council Chamber at Monaghan Row, Newry: Food, Quiz etc

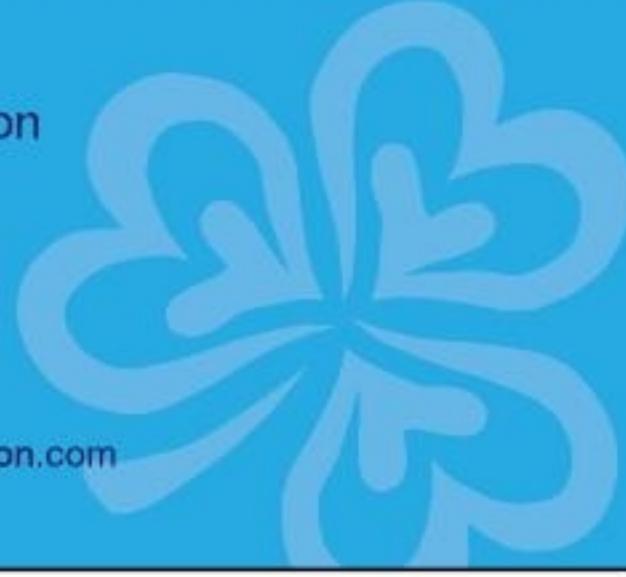


Cross Border Half Marathon  
Sunday 15th March 2015

START: The Quays, Newry @ 12noon  
FINISH: Market Square, Dundalk

REGISTER: [www.runireland.com](http://www.runireland.com)  
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## pre-Conceive

Endorsed and Recommended by Fertility Clinics

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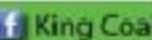
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Mayor of Newry & Mourne Council Cllr Michael

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Wendy continues to say that when planning it is important to first establish the reasons why you want to lose weight as this is your motivation to keep going. Equally important is planning how to get around the obstacles that will slow down or prevent your weight loss e.g. In order to save time you have takeaways, instead by planning ahead you could cook bigger meals at the weekend, and freeze, for during the week.

So anyone wanting to lose weight why not start planning today. If you need help with this contact The Newry Clinic on 028 3025 7708 for a one to one consultation with our Dietitian Wendy and help get yourself on the road to success.

# THE NEWRY CLINIC

# The Newry Clinic

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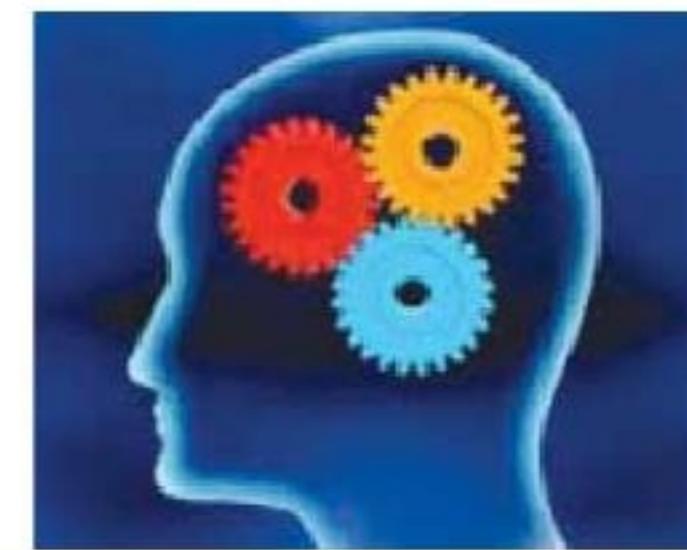
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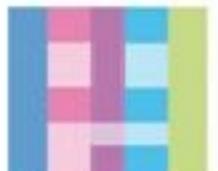
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## Managing Anger



Anger is an emotion designed to help us defend ourselves and our property; an ancient survival mechanism used by our forefathers to fight off physical danger. Nowadays, the majority of anger outbursts occur, not due to any real threat, but because our sense of identity is criticised, or because we don't get what we expect from others. Such outbursts are like an over sensitive smoke-alarm firing off unnecessarily, creating chaos and fear in the home, workplace, schools, etc.

Our anger destroys relationships. We may apologise after an outburst, but with each outburst we lose a part of the person and a level of trust is gone. The child, partner or work colleague may "walk on eggshells" attempting to avoid further outbursts. But, often to no avail. The culprit will explode repeatedly. The recipient is not to blame. The problem happens because of "trigger factors" in the culprit's brain. These result in a surge of anger, in spite of little or no provocation. Human Givens psychotherapists can help those who have explosive anger allowing them to deal with these "triggers" and stay calm no matter what.

Anger is produced by a primi-

part of our brain, which we share with reptiles. When "triggered", it prepares the body to fight the danger. The red-faced, menacing individual is literally in-for-the-kill. Access to their cognitive (thinking) brain stops and the angry person is no more logical than a reptile. They are literally stupid, and should be avoided until they calm down.

Most people want to control their anger. Most, but not all, feel guilty after the outburst and want to stop. Indeed they may promise to stop, but "lose it" again and again. Modern brain science shows that when "triggered", the brain produces anger in 1/50 of a second. The person has no control over the anger in that timescale. No, the anger

has taken control. That is why it is so hard to break the habit. New skills must be learned and practiced. Some people practice smugness and say they don't get angry, they are wrong! We all do. It may manifest not as an outburst but as, sulking, sarcasm or malicious gossip. All equally destructive! Have a look.

Human Givens psychotherapists have the basic tools to control anger for those who want to stop being angry. These include; Breathing - Making the out-breaths 1/3 longer than the in-breath quiets the anger; Exercise - 30 minutes 5 times per week, improves our mood and our logic. ABC Model, become Aware of the anger, Block and Challenge the angry thoughts.

If you get angry too quickly and too often consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul works daily with patients who are depressed, anxious, stressed, addicted, angry, and suicidal, experiencing relationship difficulties, have phobias or panic attacks.

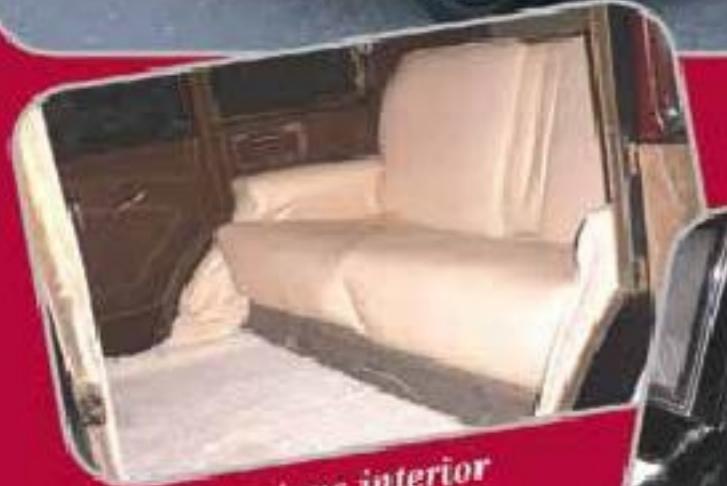
To make an appointment or talk with Paul, call 077 3973 1424. For more information see [www.paulgranthgtherapy.com](http://www.paulgranthgtherapy.com)

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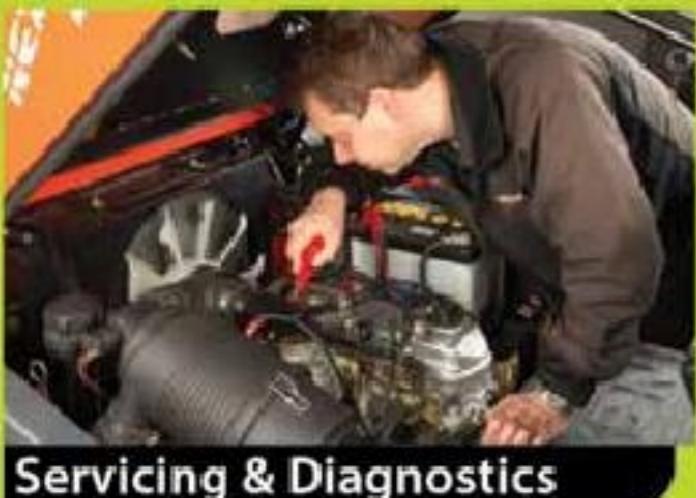
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**Fuel consumption figures for the Civic 1.6 Sport in mpg (l/100km): Urban 68.9 (4.1), Extra Urban 80.7 (3.5), Combined 76.3 (3.7). CO<sub>2</sub> emissions: 98g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.**

**Model Shown:** Civic Sport 1.6 Manual in Brilliant Sporty Blue Metallic at £21,345 On The Road (OTR). \*15YM Civic range from £15,975 for 1.4 S Manual non metallic to £25,680 for 1.8 EX+ Auto metallic. **Terms and Conditions:** New retail 15YM Civic ordered from 01 February 2015 and registered by 31 March 2015. Subject to model and colour availability. Offers applicable at participating dealers and are at the promoter's absolute discretion.

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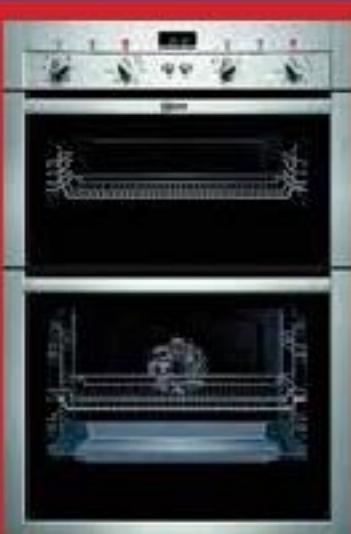
**Fuel consumption figures for the Honda range in mpg (l/100km): Urban Cycle 23.2 – 70.6 (12.2 – 4.0), Extra Urban 40.4 – 85.6 (7.0 – 3.3), Combined 32.5 – 78.5 (8.7 – 3.6). CO<sub>2</sub> emissions 201 – 94g/km. Fuel consumption figures sourced from official EU-regulated laboratory test results, are provided for comparison purposes and may not reflect real-life driving experience.**

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